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(71) Applicant (for all designated States except US):
ZEALAND PHARMA A/S [DK/DK]; Smedeland
26B, DK-2600 Glostrup (DK).

(72) Inventor; and

(75) Inventor/Applicant (for US only): STEINESS, Eva
[DK/DK]; Sømarksvej 11, DK-2900 Hellerup (DK).

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(54) Title: GLP-1 AND METHODS FOR TREATING DIABETES

(57) Abstract: The present invention relates to use of GLP-1 or a related molecule having GLP-effect for the manufacture of a medicament for preventing or treating diabetes in a mammal. The amount and timing of administration of said medicament are subsequently reduced to produce a "drug holiday". Practice of the invention achieves effective therapy without continuous drug exposure and without continuous presence of therapeutic levels of the drug. The invention also discloses a method of treating diabetes and related disorders in a mammal by administering glucagon like peptide (GLP-1) or a related molecule having GLP-1 like effect and thereby providing a therapeutically effective amount of endogenous insulin.

WO 2004/005342 A1